



# Cov twj pab txhawb (Assistive Technology) muaj rau cov me nyuam tseem yau

Examples of Assistive Technology for Young Children -  
Hmong version

Tam li leej niam leej txiv los yog cov kws txuj, ib tes dej num tseem ceeb yuav tau ua yog los pab cov me nyuam tseem yau kawm kom lawv tus kheej muaj txoj kev ywj pheej thiab to taub txhua yam nyob ib puag ncig ntawm lawv. Tej zaum qhov cov niam txiv thiab cov kws txuj yuav tsis tau paub yuav yog tias yeej muaj cov twj ntau hom uas yuav siv tau – cov twj uas hu ua Assistive technology uas hu yooj yim tias AT – uas yuav muaj cuab kav pab tau cov me nyuam muaj qhov tsis taus tseem yau los kawm tau cov txuj uas tej zaum lawv yuav kawm tsis tau yooj yim los yog txawj tau. Cov twj AT no muaj cov siv tsis tau yooj yim los mus rau cov siv tau yooj yim heev xws li cov cwj mem kob qhuav uas muaj qhov looj tuav muag muag (foam grip), mus rau cov twj uas ua tau ntau yam heev, xws li lub computerized device uas muaj cuab kav “hais tau qhov ib tug cov lus nws xav hais los txuas lus nrog lwm tus.



Cov twj AT no muaj cuab kav pab kom txawj ua tau yuav luag txhua yam thiab cov me nyuam tsis hais muaj hnuv nyoog li cas los yuav muaj cuab kav siv tau – txawm yog tus tseem mos mos los yeej siv tau tib si.

Hauv qab no yog cov twj AT uas muaj cuab kav pab cov me nyuam tseem yau kawm tau cov twv yim li lwm leej lwm tus. Xam xyuas qhov puav li teev nram no los ua qhov pib tshawb nrhiav cov tsam thawj suav tsis thoob uas cov AT no muaj cuab kav pab tau cov me nyuam muaj qhov tsis taus.

## Cov kev noj nyob thiab cov dej num txhua hnuv (Daily Routines and Activities)

Cov twj AT no muab tau ntau txoj hau kev los txhawb tau tus me nyuam txov kev ywj pheej li qhov pab kom nws ua tau cov kev noj nyob thiab cov dej num yooj yim. Nov yog tej yam yuav pab tau:

- Qhov khawm loj txuas rau txoj khawm swb ris thiab nyias khawm (**large grips**), kom hnav tau ris tsho yooj yim
- Muab cov duab qhia kev noj nyob hauv tsev (xws li muab **daim duab qhia ntxhuav tes** lo rau saum lub qaum dab ntxuav tes)
- Siv cov tais uas muaj lub qab los tau lub rooj khov kho (**bowls with suction cups**) kom cov me nyuam tseem yau txhob txav tau lub tais

## Kev txawj nrog thiab tus cwj pwm (Social Skills and Behavior)

Cov twj AT yuav yog cov twj muaj nqis los taw qhia tus cwj pwm koj thaum ib tug me nyuam tsis zoo lub siab, thiab qhia cov tswv yim koom tau nrog lwm tus. Nov yog tej yam yuav pab tau:

- Saib daim video hais qhia (video models) uas yog piav txog qhov lwm tus me nyuam nyob tos nws zeeg los yog mloog hais thiaj li yuav qhia tau tus cwj pwm koj yog

- Ib daim phiaj qhia kev xaiv (choice board) muaj cov kev ua sib txawv kom siab nqig uas ib tug me nyuam siv tau thaum lawv npau taws
- Siv lub moo caws qhia rau me nyuam (a child-friendly timer) los txo kev txhawj thiab npaj tau kev hloov ua ib tes dej num mus rau lwm tes dej num

### **Kev txob siab (Sensory)**

Cov twj pab txo kev txob siab muaj cuab kav pab ntxiv los yog txo kev nrhoo los pab tus me nyuam tshwj tau lub siab tus thiab nyob tau hauv qhov chaw. Cov twj yog tej yam yuav siv tau:

- Lub mloog pob ntseg (Noise-blocking headphones) kom txhob hnov cov suab nrhoo los yog nyob tau hauv qhov chaw nrhoo heev
- Cov khoom (fidgets) me me uas tus me nyuam tuav tau, muab kev txhob kom tus me nyuam xav tawm
- Cov pam los yog cov khoom ua si nyhav tsawv (Weighted blankets or toys) yuav nias tau lub cev los pab kom tus me nyuam ua siab txias thiab xav tawm

### **Kev txawj siv tes taw (Fine Motor Skills)**

Ua si nrog cov khoom ua si txhua hnub thiab cov khoom siv yog ib co kev txawj rau cov me nyuam tseem yau. Cov AT muab tau cov hau kev los hloov kho cov khoom xwv cov me nyuam tseem yau uas tes taw txhav los nyem tau, tuav tau, thiab siv cov khoom kom lawv muaj cuab kav siv tau cov khoom ua si no. Piv txwv li:

- Muab cov looj loj thiab muag muag coj los looj rau cov twj, xws li tus cwj mem kob, cov diav, los yog cov txhuam hniav, kom tuav tau khov thiab siv tau yooj yim
- Muab cov kauj khawm xws li cov kauj khawm daim ntaub thaiv dab dej coj los tis rau cov khoom ua si los hwj kom tuav tau thiab siv tau

### **Kev txuas lus (Communication)**

Thaum muaj hnub nyoog yug tau mus rau 5 xyoos, tus me nyuam yuav kawm tau cov keeb lus (cov lus lawv to taub thiab muaj cuab kav siv tau) ntau thiab ceev heev. Rau cov me nyuam uas nrog lwm tus tham tsis tau yooj yim, kuj muaj ntau yam twj sib txawv uas yuav muaj cuab kav pab hais tawm qhov lawv xav hais. Nov yog tej yam yuav pab tau:

- Cov hu ua APPS rau cov tablets, xws li iPad, uas “hais tau” cov lus tus me nyuam xaiv nyob hauv daim phiaj ntsia (screen)
- Cov lus sau qhia uas cov lus thiab cov duab qhia tus me nyuam kom nws muaj cuab kav taw rau thiab qhia txog qhov nws xav, xav tau, thiab qhov yuav tau muaj
- Qhov twj hais lus (single message device) uas muaj qhov nyem tau yooj yim nrog lus suab hais lus. Qhov no yuav kaw tau cov lus hais (piv txwv li, “Kuv tshaib plab”) thiab tus me nyuam muaj cuab kav nyem kom hais qhov lus no qhia rau niam thiab txiv los yog tus saib xyuas

### **Kev txawj nyeem ntawv (Literacy Skills)**

Pib thaum tseem yau yau, cov me nyuam muaj cuab kav pib kawm kom txawj nyeem ntawv – qhov to taub tias cov ntawv nyeem ntawd yuav tau nyeem sab laug mus rau sab xis, los yog tias kev sau ntawv yog txoj kev sau qhov lus rau lwm tus nyeem. Cov twj AT muaj cuab kav pab kom tus me nyuam to taub thiab

xyaum kom txawj cov tswv yim no tau yooj yim thiab txhawb kom cov me nyuam muaj qhov tsis tau xav nyeem ntawv. Cov twj yuav pab tau yog:

- Ntxiv cov pob lo tuav hu ua “**page fluffers**” rau phau ntawv. Qhov no ua kom muaj kem tuav cov nplooj ntawv xwv cov me nyuam uas tes muaj ntsis txhav thiaj nthuav tau yooj yim.
- Siv cov **electronic software los yog apps** los ua kom cov phau ntawv ntxim nyeem thiab siv tau rau cov me nyuam uas pheej siv tsis tshua tau los yog tsis xav nyeem cov phau ntawv luam tawm los.
- Muab cov cwj mem qhuav thiab cwj mwm kua uas muaj cov kob los tau zoo (**high-contrast colored paper and pens**) ntawd coj los kos thiab sau xwv cov me nyuam uas pom kev tsis zoo thiaj pom tau yooj yim.

### **Siv hlwb hlau (Computer access)**.....

Rau cov me nyuam uas siv computer los yog cov qa tau ntawm tes tsis tau yooj yim ntawd, yeej muaj ntau txoj hau kev sib txawv los kho qhov qib qhov kov xwv lawv thiaj siv tau yooj yim. Cov ntawd yuav yog:

- Lub “**roller ball mouse**” uas muaj pob loj kheej dov tau, lub uas yuav txav tau tus cwj taw rau yooj yim rau tus me nyuam uas siv tsis tau qhov tuav thiab lub tig qhib sawv daws siv ntawd yooj yim
- Siv qhov qhib tau yooj yim hu ua **switches** uas ib tug me nyuam muaj cuab kav xaiv los xuas nws txhais tes, taub hau, los yog lwm yam los nyem qhov qib lub computer xws li nyem kiag xwb, los yog ntau kiag rau daim **switch accessible keyboard**
- Qhov **zoom features**, uas muaj qhov nyem kom lub computer los yog mobile device qhov screen loj tuaj kom cov me nyuam pom tsis zoo ntawd siv tau yooj yim

### **Kuv yuav pib siv tau cov twj AT los pab kuv tus me nyuam tau li cas?**.....

Txhua tus me nyuam yeej zoo sib txawv, thiab cov twj AT uas txhua tus me nyuam siv no yuav tsum yog cov uas nws siv tau tiag. Vim muaj ntau hom dhau ces qhov yuav xyuas seb hom twg yog hom yuav siv tau ntawd kuj yuav tsis yooj yim kiag. Mus nrhiav tswv yim los ntawm lwm tus uas paub zoo txog cov twj no rau cov me nyuam tseem yau. Ib qho kev sib tham nrog tus kws txuj uas paub haj tom kuj muaj cuab kav muab tau cov kev qhia tias yuav xyuas tau cov twj no li cas rau koj tus me nyuam. Yog koj tus me nyuam muaj 3 xyoos rov hauv thiab muaj txoj kev npaj los pab ib tsev neeg twg, nrog tus tuav cov dej num pab koj tus me nyuam (service coordinator) tham txog cov twj AT rau koj tus me nyuam. Yog koj tus me nyuam muaj 3 xyoos rov saum thiab muaj txoj kev npaj kawm ntawv tus kheej (IEP), nrog tus tuav txoj kev pab IEP txog cov twj AT rau koj tus me nyuam. Pab neeg npaj tsab ntawv IFSP/IEP muaj cuab kav qhia tias cov twj AT yuav pab tau li cas, thiab sib tham txog cov twj AT uas yuav muab coj los sim tau.

Xav paub ntau ntxiv tias yuav pib xyuas cov twj AT rau koj tus me nyuam li cas, nyeem daim qhia tswv yim pab hu ua, “Tshawb xyuas cov twj AT thiab Qib lub qhov rooj tshiab rau koj tus me nyuam (Explore Assistive Technology and Open New Doors for Your Child)” nyob hauv [www.PACER.org/STC/TIKES](http://www.PACER.org/STC/TIKES). Cov twj AT muaj cuab kav pab tau koj tus me nyuam ua tau lub neej txawv, koj yog tus yuav los pab tshawb xyuas qhov yuav pab tau.